



THE 50+

NEWS and EVENTS from the Howard County
Department of Community Resources and Services

Connection

A Publication from the Howard County Office on Aging and Independence

Volume 8, No. 8 • August 2018

OAI Bridges Language Barriers to Living Well

Living Well with Diabetes is a chronic disease self-management program designed to help those living with Type 2 Diabetes better manage their condition. For more than a decade, the program has helped Howard County residents manage the symptoms and challenges of diabetes by developing healthy nutrition and exercise plans and learning to communicate better with their family members, caregivers and health care providers.

Coordinated by the Health & Wellness Division of the Office on Aging and Independence (OAI), Living Well with Diabetes is offered on a regular basis at locations throughout Howard County. But up until a couple of years ago, county residents with limited English proficiency were unable to participate due to language barriers. “One of our major goals is to serve non-English speaking community members, especially since we live in such a diverse county,” says Courtney Barkley, Health & Wellness Division Manager. In 2015, OAI completed the initial translation of the program manual into Korean. “Not only is there a large Korean population in Howard County, there is also a high prevalence of diabetes within that community,” she explained.

Minjung (MJ) Engle, a bilingual specialist with OAI’s Maryland Access Point, translated the original Diabetes Self-Management Program (DSMP) manual into Korean. “A lot of people are concerned about their health but don’t know what to do because of the language barrier,” said MJ, who volunteers as a lay leader for OAI’s Living Well

programs and with a Korean caregiver support group run by Alzheimer’s Association. “One of my clients, a 67-year-old Korean man who had been diagnosed with pre-diabetes, was worried about his health. After attending the Living Well with Diabetes workshop, he acquired the tools he needed to overcome his fears and get his confidence back.”

MJ most recently updated the Korean DSMP manual to reflect new American Diabetes Association (ADA) guidelines, which will be submitted to the national Self-Management Resource Center (SMRC). The SMRC in turn will make the Korean DSMP manual available to all licensed organizations world-wide that want to offer a Korean Diabetes program. “We appreciate MJ’s willingness to take on a project of this magnitude,” said Jennifer Lee, OAI’s Health Promotion Program Manager. “Under her continuing leadership, we are looking forward to offering Living Well with Diabetes workshops led by Korean-speaking lay leaders in the Fall.”



MJ Engle, pictured above, is a bilingual information specialist with Maryland Access Point, the aging and disability resource center of the Office on Aging and Independence.

Start Living Well Today!

Learning how to take charge of your health while managing the symptoms of diabetes or other chronic conditions is the goal of the Office on Aging and Independence’s six week Living Well program. **Living Well with Diabetes** will be offered at the **Elkridge 50+ Center, located at 6540 Washington Boulevard in Elkridge, from 1:00 to 3:30 p.m. on Wednesdays, from August 29 through October 3.** To achieve the most benefits from this program, participants are encouraged to attend all six sessions.

Each session will include information and a group discussion of topics related to diabetes self-care, including: stress management; glucose monitoring; skin and foot care; goal setting; communication skills; appropriate exercise; nutrition

and healthy eating; maintaining a balanced blood sugar; and techniques to manage symptoms and challenges.

Course materials will be provided, and can be purchased on-site for a nominal fee.

To register or for more information, contact Jennifer Lee at jlee@howardcountymd.gov or 410-313-5940 (voice/relay).

To request a sign language interpreter or other accommodations to participate or to obtain this information in an alternate format, contact Maryland Access Point at 410-313-1234 (voice/relay) one week before the first class.



Living well

Take Charge of your Health

New County Law Protects Residential Tenants

By Rebecca Bowman, Administrator, Howard County Office of Consumer Protection

A new Howard County law that provides residential tenants with additional rights, will go into effect August 12. While State landlord-tenant laws still apply, your rights under the new law will include:

Before You Sign a Lease

- Your landlord must have a rental housing license before you move into the rental property.
- You must be given copies of the lease and housing license and be allowed to view the unit.
- If your application is denied due to information obtained through a credit check, you have the right to dispute inaccurate information with the credit reporting company.

Security Deposits

A security deposit may be collected by your landlord to help cover the cost of any damage you cause to the property beyond normal wear and tear, non-payment of rent or breach of lease.

- Security deposits (including pet deposits) cannot exceed the equivalent of 2 month's rent.
- You can ask for an inspection to identify damages at the beginning and end of the lease.
- If any part of a deposit is withheld, you must be given an itemized list of the damages, and the cost for repairs. You can also request proof of the damages and costs.
- Your deposit (plus interest, minus damages) must be returned within 45 days of move out.

New Lease Terms

Effective December 12, 2018, a lease must be in writing and include, among other things, the following information:

- The rental period (one year or month-to-month), amount of rent and payment due date;
- Who (you or the landlord) is responsible for repairs and utilities;

- The amount of notice that must be given by either party to terminate the lease;
- The amount of any fee, not to exceed 5%, that will be charged for late payment of rent;
- 24 hours' notice is required before the landlord can enter the property unless you agree to less, there's an emergency or the landlord reasonably believes you are violating the lease;
- If a ratio utility billing system (RUBS) is used, information on how bills are calculated.

The landlord may only charge you money for processing your application, the security deposit, rent, the cost of utility services listed in the lease, and fees for optional amenities (e.g. having a pet or using pools or fitness centers). If the landlord lets you change units during the lease term, you can't be charged a transfer fee.

At the End of Tenancy

- If you move out before the end of the lease term, you are liable for the rent for the rest of the term, but the landlord must "mitigate" its damages by re-renting the property.
- You may terminate a lease early with limited penalties under certain special circumstances such as: unemployment or death of a tenant whose income is used to qualify for the lease, certain medical conditions, change of military posting, domestic violence or sexual assault.
- Your landlord can evict you for non-payment of rent, failure to move at the end of the lease term, or for breaching the lease terms. But, your landlord must obtain an Order of Eviction from the court before making you vacate, removing your belongings, or changing the locks.

For more information on this or other consumer issues, contact the Office of Consumer Protection at 410-313-6420 (voice/relay), consumer@howardcountymd.gov or visit www.howardcountymd.gov/consumer.

Find us on Facebook at
www.facebook.com/HoCoCommunity



Stay connected to the Howard County Department of Community Resources and Services. Like us today!

P4C Pet Evaluations

If you are interested in volunteering, or wish to receive a FREE evaluation for your pet, contact:

Ingrid Gleysteen, PROGRAM COORDINATOR
igleysteen@howardcountymd.gov
410-313-7461 (voice/relay)

August 2 • 7:00 TO 9:00 PM

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044



Howard County
Paws4Comfort

Touching Hearts... One Visit at a Time



Seniors Together
CONNECT • LEARN • GROW

A Moment to Honor

Thursday, August 30 • 10:30 a.m.

Ellicott City 50+ Center

9401 Frederick Road, Ellicott City, MD 21042

In recognition of Grief Awareness Day, we gather to honor those who have touched our lives and are no longer with us, including beloved pets. The program includes a brief presentation, quiet reflection, live music and a commemorative activity. FREE.

To register, contact Elaine Widom by August 27
at ewidom@howardcountymd.gov
or 410-313-7353 (voice/relay).

www.howardcountymd.gov/sentog

Learn about Medicare's Prescription Drug Coverage and Plan Finder

Are you on Medicare (or helping someone who is) and want to get a better understanding of how Medicare Prescription Drug coverage (Part D) works? With the Part D open enrollment period fast approaching, now is a good time to learn more. During Open Enrollment – October 15 through December 7 – you will have the opportunity to review, compare, and if you so decide, enroll in a new plan for 2019.

While 2019 plan details are not available until October, you can improve your general knowledge so that you are ready for your Part D review in the fall. Howard County's Senior Health Insurance Assistance Program (SHIP) offers a series of public education presentations which can help you understand the process and make an informed decision (see box, right). Here is what you will learn:

Understanding Medicare's Prescription Drug Coverage will help you understand how Part D plans are structured, and provide information about cost-sharing categories, types of restrictions, and pharmacy considerations, as well as benefit programs available to help with costs.

Using Medicare's Plan Finder will teach you how to use this powerful tool, which is available at www.medicare.gov. The Plan Finder provides you with personalized calculations on all plans available to you based on your medications and pharmacy. (If you are not familiar with the structure of Part D plans, attend the "Understanding Medicare's Prescription Drug Coverage" presentation first.)

SHIP – your local help with Medicare – provides free, unbiased and confidential information and assistance to Medicare beneficiaries of any age or their families/caregivers. For general inquiries, contact us at 410-313-7392 (voice/relay).

SENIOR DAY AT THE FAIR!

Howard County Fair 2018

FREE ADMISSION for ADULTS 62+
Tuesday, August 7 • 10 am to 3 pm

VISIT the 4-H ACTIVITIES BUILDING for FUN THINGS to DO... RAIN or SHINE!

- Healthy Aging Programs
- Bingo, Games and Prizes
- County Services Information
- Demos and Entertainment



**First 100 Attendees
Receive a Summer
Goodie Bag!**

Mark your calendar!

50+EXPO 2018

**Friday,
October 19**

9 am - 4 pm



Howard County Office on
Aging and Independence

For more information, call 410-313-6410 (VOICE/RELAY) or visit www.howardcountymd.gov/aging
To request accommodations to participate, call 410-313-1234 (VOICE/RELAY) 10 days in advance.

MEDICARE EDUCATION

FREE Information Presented by SHIP
See article to left for description of presentations.

UNDERSTANDING MEDICARE'S PRESCRIPTION DRUG COVERAGE

Tuesday, August 14 • 1:00 – 2:00 PM

Elkridge 50+ Center

6540 Washington Blvd, Elkridge, 21075

Wednesday, August 29 • 10:00 – 11:00 AM

Ellicott City 50+ Center

9401 Frederick Rd, Ellicott City, 21042

Tuesday, September 11 • 1:00 – 2:00 PM

Bain 50+ Center

5470 Ruth Keeton Way, Columbia, 21044

USING MEDICARE'S PLAN FINDER

Tuesday, August 22 • 1:00 – 2:30 PM

Bain 50+ Center

5470 Ruth Keeton Way, Columbia, 21044

Tuesday, September 25 • 7:00 – 8:30 PM

Howard County General Hospital

Wellness Center

10710 Charter Dr, Suite 100, Columbia, 21044

REGISTRATION REQUIRED

For Bain, Elkridge and Ellicott City Centers:

410-313-7389

For HCGH Wellness Center: 410-740-7601

For additional assistance with your Medicare questions and concerns, contact the Howard County State Health Insurance Assistance Program (SHIP)

410-313-7392
(VOICE/RELAY)

FOR OTHER UPCOMING PRESENTATIONS, VISIT
www.howardcountymd.gov/SHIP



Howard County Office on
Aging and Independence
Department of Community Resources and Services



Intergenerational Fun at the Bain 50+ Center

Older adults and children of all ages can learn a lot from one another. Join us this summer as we help bring the generations together to foster lasting relationships that are meaningful and fun. FREE. For more information or to register, call 410-313-7213.

Leadership U Comes to Bain

Wednesday, August 1 • 11:00 a.m. to 4:00 p.m.

Leadership U empowers local high school students to learn by doing. Spend the day with students as they discuss and develop solutions to issues that affect their community and develop relationships with community leaders. Come share your experiences with Howard County youth!

Back to School: No Adult Left Behind

Thursday, August 2 • 10:00 a.m. to Noon

Gain speed in the new tech age by learning to text message on your mobile phone. This program is offered in partnership with the Howard County Public School System.



Department of Community Resources and Services

The 50+ Connection is published monthly by the Howard County Office on Aging and Independence.

This publication is available in alternate formats upon request. To join our subscriber list, email kahenry@howardcountymd.gov

9830 Patuxent Woods Drive, Columbia, MD 21046

410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

Find us on [www.Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

Kim Higdon Henry, Editor • Email: kahenry@howardcountymd.gov

Advertising contained in the Beacon is not endorsed by the Office on Aging and Independence or by the publisher.

Coming up in August

White Elephant Sale

August 21-23 • 9:00 a.m. to 3:00 p.m.

August 24 • 9:00 a.m. to noon

Ellicott City 50+ Center, 9401 Frederick Road, Ellicott City 21042

Shop for unique items or find a great bargain at the Ellicott City 50+ Council's White Elephant Sale. Donations of clean, unused or gently used items will be accepted August 20 and 21 (no books, clothing or electronics). All proceeds benefit 50+ Center programming. For more information, call 410-313-1400.

Julie Hall and Company Sing

Wednesday, August 8 • 12:30 p.m.

Ellicott City 50+ Center, 9401 Frederick Road, Ellicott City 21042

Stop in for an afternoon of delightful music as Julie and her daughter perform some of the greatest hits from days gone by. Julie formed her own top 40 band at age 15, worked with the group Sister Sledge and recorded the theme for PBS television production. FREE.

Intro to Self-Defense for Women

Friday, August 10 • 12:30 to 1:30 p.m.

North Laurel 50+ Center, 9411 Whiskey Bottom Road, Laurel

Learn personal awareness and real-life tactics to protect yourself against attackers. This free intro course is taught by a Martial Arts Master. Call (410) 313-0380 to register.

Investigation in the George Wallace Assassination Attempt in 1972

Wednesday, August 29 • 10:30 to 11:30 a.m.

North Laurel 50+ Center, 9411 Whiskey Bottom Road, Laurel

Kevin Leonard, historian and writer of the popular "History Matters" column in the Laurel Leader, shares a collection of long-forgotten events and people from Laurel's rich history. FREE. Call (410) 313-0380 to reserve a seat.

Help Us Celebrate Our 20th Anniversary!



- 11 AM – AARP's Caregiving Expert & Author
- 2 PM – The Capitol Steps

Plus, don't miss out on:

- 170+ Exhibitors
- Engaging Seminars
- Dynamic Presentations
- Flu Shots and Health Screenings
- Resources for All Stages and Ages

\$1 ADMISSION benefits the Vivian Reid Community Fund

The 2018 Focus —

FUTURE PLANNING

FRIDAY, OCTOBER 19
9:00 AM - 4:00 PM

Wilde Lake High School
5460 Trumpeter Road, Columbia, MD 21044



Department of Community Resources and Services



#HoCoEXPO18

facebook.com/HoCoCommunity

410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging